

What is claimed is:

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1. Exercise equipment including a cable means attached at its distal end to a resistance means cooperating with pulley means for switching between a 2:1 mechanical advantage and a 1:1 ratio, and at a proximal end of the cable, to a control means used to exert effort against the resistance means.
2. Exercise equipment as claimed in claim 1, wherein the control means that enables the user to exert force against the resistance means is a handle, strap, belt, rope, bar or leg curl.
3. Exercise equipment as claimed in claim 1, wherein the resistance means is a weight system
4. Exercise equipment as claimed in claim 2, wherein the weight system is variable.
5. Exercise equipment as claimed in claim 2, wherein there is a set of counterweights.
6. Exercise equipment as claimed in claim 2, wherein the control means that enables the user to exert force against the weight system is a handle, strap, belt, rope, bar or leg curl.
7. Exercise equipment as claimed in claim 1, wherein multiple cables are used and when the equipment is set to operate as a 2:1 mechanical advantage system, the proximal end of a cable may be pulled around a pulley and simultaneously a counterweight at the distal end of a cable will rest against a stop, thereby creating an anchor at the distal end and completing the 2:1 mechanical advantage system.

8. Exercise equipment as claimed in claim 7, wherein the resistance is variable.

9. Exercise equipment as claimed in claim 8, wherein the resistance is a set of weights.

10. Exercise equipment as claimed in claim 9, wherein a set of counterweights is used as a cable take up means when different egress points along the curved track are utilized.

11. Exercise equipment as claimed in claim 1, including a framed housing having a curved track defining a prescribed curved path, a pair of pulleys on a movable trolley repositionable along the curved path, and having passed between them a cable, the proximal end of which is located outside the curved track and is attached to a means that enables the user to exert force against the resistance, to which the distal end of the cable is attached.

12. Exercise equipment as claimed in claim 11, wherein the resistance is variable.

13. Exercise equipment as claimed in claim 12, wherein the resistance is a set of weights.

14. Exercise equipment as claimed in claim 13, wherein a set of counterweights is used as a cable take up means when different egress points along the curved track are utilized.

15. Exercise equipment having a bilateral lifting system comprising multiple cables directed by pulleys to their ends where attachments are connected at both ends of each cable with a single weight stack at a mid area of each cable.

16. Exercise equipment as claimed in claim 15, wherein the cables pass through a set of multiple pulleys running parallel atop the weight stack and directed by another series of pulleys to respective egress points of the cables.